## Done

## This result is based on the answers you provider earlier from the self assessment

Date of Assessment:

5/29/2023

Do you feel irritable or easily angered due to stress?

rdfak

Do you have difficulty sleeping or staying asleep due to stress?

ilik

Do you have difficulty concentrating due to stress?

jkl

Do you experience physical symptoms of stress, such as headaches, muscle tension, or stomach problems?

hik